



BIEG SUPER TRIAL - 130 KM - KLASYFIKACJA WSPÓLNA Z DNF NA 240 KM

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY
Date: 2022-07-14
Place: Łądek-Zdrój
Distance: 130 km

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	Net time 130km	Gap	Pace min/km	Pace km/h
1	PAWŁOWSKI Marcin	2169		Masters M - 40	1	01:04:27	04:02:41	06:00:02	07:44:09	09:36:18	12:46:35	14:52:30.05		6:51	8.7 (100%)
2	MAŁYGA Grzegorz	2120	RMT TEAM PRO	Senior II M - 30	1	01:00:03	03:48:13	05:42:52	07:32:44	09:35:25	13:04:21	15:35:04.95	+00:42:34 (4.6%)	7:11	8.3 (95.4%)
3	OLSZEWSKI Piotr	2143	RUNNING TEAM NASTOPY.PL	Senior II M - 30	2	01:07:50	04:08:13	06:10:41	08:06:03	10:06:56	13:50:31	16:10:33.65	+01:18:03 (8.0%)	7:27	8 (92.0%)
4	PIOTROWSKI Marek	2128	GÓRAL Z MAZUR RUNNING TEAM	Senior II M - 30	3	01:01:58	04:04:42	06:10:45	08:08:09	10:25:50	14:11:25	16:40:51.90	+01:48:21 (10.8%)	7:41	7.8 (89.7%)
5	MATYSIAK Bartłomiej	2133	WILD ULTRA WARRIORS	Masters M - 40	2	01:06:37	04:25:21	06:34:45	08:30:23	10:39:52	14:16:27	16:48:01.75	+01:55:31 (11.5%)	7:45	7.7 (88.5%)
6	KOCIOŁOWICZ Piotr	1092	BIEGAM W GÓRACH BARDZKICH	Masters M - 40	3	01:01:08	04:06:57	06:12:22	08:20:50	10:35:48	14:16:33	16:48:07.00	+01:55:36 (11.5%)	7:45	7.7 (88.5%)
7	WINIARSKA Katarzyna	2101	PRZEMYSKI KLUB BIEGACZA/HERCOG RUNNING TEAM	Masters K - 40	1	01:03:39	03:59:30	06:08:14	08:09:33	10:12:41	14:10:55	16:49:43.55	+01:57:13 (11.6%)	7:46	7.7 (88.5%)
8	KOMZA Radosław	2142		Masters M - 40	4	01:01:27	04:13:22	06:32:51	08:34:03	10:41:16	14:29:21	16:52:38.45	+02:00:08 (11.9%)	7:47	7.7 (88.5%)
9	ROSOLSKI Dawid	2073		Senior II M - 30	4	01:03:17	04:07:43	06:10:46	08:20:04	10:35:02	14:26:30	17:07:59.00	+02:15:28 (13.2%)	7:54	7.6 (87.4%)
10	RINK Jan	2153		Masters M - 40	5	01:10:34	04:36:32	06:54:20	09:10:45	11:15:16	15:02:43	17:09:01.65	+02:16:31 (13.3%)	7:54	7.6 (87.4%)
11	MARZEC Grzegorz	1183	GMINA STRZELCE OPOLSKIE	Masters M - 40	6	01:07:13	04:35:37	06:43:06	08:42:28	10:56:32	14:55:49	17:14:44.60	+02:22:14 (13.7%)	7:57	7.5 (86.2%)
12	BARTOSZEWSKI Grzegorz	1094	TEAM RÓŻOWEJ PELERYNKI	Masters M - 40	7	01:10:25	04:33:42	06:50:14	08:52:21	11:07:42	15:17:45	17:44:28.65	+02:51:58 (16.2%)	8:11	7.3 (83.9%)
13	LACHOR Krzysztof	1301	NASTOPY.PL RUNNING TEAM	Senior I M - 20	1	01:10:30	04:46:40	06:57:41	09:21:16	11:31:28	15:30:29	17:53:52.25	+03:01:22 (16.9%)	8:15	7.3 (83.9%)
14	KUPIŃSKI Cezary	2146	MOCNA GRUPA CEZARA	Weteran I M - 50	1	01:11:17	04:36:06	06:50:43	09:01:17	11:15:51	15:19:07	17:53:59.80	+03:01:29 (16.9%)	8:15	7.3 (83.9%)
15	STĘPNIK Paweł	2046		Masters M - 40	8	01:12:02	04:41:56	07:01:16	09:17:36	11:51:05	15:46:28	18:08:48.45	+03:16:18 (18.0%)	8:22	7.2 (82.8%)
16	BODANKA Piotr	2214	APAMA ACOUSTIC PROJECT	Masters M - 40	9	01:11:53	04:44:15	07:07:12	09:13:03	12:08:15	15:51:47	18:09:55.35	+03:17:25 (18.1%)	8:23	7.2 (82.8%)

Place	Participant	Number	Club	Category	MCat	A1	A2	A3	A4	A5	A7	Net time	Gap	Pace min/km	Pace km/h
						10km	32km	47km	64km	81km	112km	130km			
17	ZAJĄC Leszek	2187	LESZ NO LIMITS RUNNERS /L.O.T.A.Z	Masters M - 40	10	01:12:14	04:51:13	07:07:41	09:22:08	11:42:31	15:42:17	18:14:45.20	+03:22:15 (18.5%)	8:25	7.1 (81.6%)
18	LADENBERGER Mateusz	2019		Senior II M - 30	5	01:23:51	05:19:23	07:45:43	09:58:20	12:10:48	15:54:02	18:21:13.80	+03:28:43 (19.0%)	8:28	7.1 (81.6%)
19	TATARA Mateusz	1207	RUN-G	Masters M - 40	11	01:06:39	04:35:20	07:05:05	09:16:59	11:48:47	15:47:23	18:22:02.60	+03:29:32 (19.0%)	8:28	7.1 (81.6%)
20	WIECZOREK Tomasz	1237	PIERUNSKIE CANGÓRY	Senior II M - 30	6	01:17:03	04:48:07	07:03:54	09:17:19	11:41:42	15:48:57	18:26:41.65	+03:34:11 (19.4%)	8:30	7 (80.5%)
21	MYŚLIWIEC Robert	2082	DZIKI & WOLNY	Masters M - 40	12	01:16:42	04:51:05	07:09:00	09:34:04	11:45:43	15:48:43	18:28:15.10	+03:35:45 (19.5%)	8:31	7 (80.5%)
22	RUTKOWSKI Michał	2095		Senior II M - 30	7	01:12:01	04:41:57	07:01:13	09:14:58	11:42:45	15:46:29	18:32:56.35	+03:40:26 (19.8%)	8:33	7 (80.5%)
23	GUZERA Justyna	2131	MATNER RUNNING TEAM	Senior II K - 30	1	01:12:26	04:51:15	07:14:46	09:26:30	11:42:35	16:04:16	18:44:06.85	+03:51:36 (20.6%)	8:38	6.9 (79.3%)
24	KRYGIER Tomasz	2167	EUROCASH	Senior I M - 20	2	01:12:27	04:51:15	07:14:47	09:26:30	11:42:37	16:04:16	18:44:08.10	+03:51:38 (20.6%)	8:38	6.9 (79.3%)
25	ROZCZYPAŁA Karol	2084		Senior II M - 30	8	01:09:08	04:48:15	07:08:59	09:27:13	11:45:00	16:05:07	18:51:57.95	+03:59:27 (21.2%)	8:42	6.9 (79.3%)
26	JANKOWSKI Marcin	2127	FU FU FU TEAM	Masters M - 40	13	01:17:20	05:10:11	07:43:57	10:00:00	12:34:28	16:40:52	18:56:36.25	+04:04:06 (21.5%)	8:44	6.9 (79.3%)
27	SUDNIK Krzysztof	2145		Senior II M - 30	9	01:17:59	04:56:48	07:19:35	09:41:12	12:05:56	16:15:45	18:58:27.05	+04:05:57 (21.6%)	8:45	6.9 (79.3%)
28	ZIĘTAK Andrzej	1161	TKKF KOLEJARZ BYDGOSZCZ	Masters M - 40	14	01:16:32	04:57:37	07:16:41	09:36:14	12:14:31	16:10:31	18:59:02.95	+04:06:32 (21.6%)	8:45	6.8 (78.2%)
29	NESTOROWICZ Marek	2113	KB JURUND SZCZYTNO / GÓRAL Z MAZUR RUNNING TEAM	Weteran I M - 50	2	01:12:08	05:21:10	07:49:33	10:06:58	12:19:15	16:26:13	19:00:35.20	+04:08:05 (21.8%)	8:46	6.8 (78.2%)
30	KARAMON Marcin	2200		Masters M - 40	15	01:23:07	05:05:30	07:30:31	09:48:58	12:21:32	16:31:58	19:06:33.20	+04:14:03 (22.2%)	8:49	6.8 (78.2%)
31	SUCH Arkadiusz	1246		Masters M - 40	16	01:25:15	05:20:08	07:42:06	09:55:56	12:09:52	16:25:42	19:09:06.55	+04:16:36 (22.3%)	8:50	6.8 (78.2%)
32	KLUSEK Mateusz	1035	SKLEP BIEGACZA KRAKÓW	Senior II M - 30	10	01:20:27	05:09:32	07:37:53	09:48:01	12:13:52	16:22:51	19:10:16.95	+04:17:46 (22.4%)	8:50	6.8 (78.2%)
33	BOTKIEWICZ Jarosław	1024	STKOWCZYKI / WKURW_TEAM	Masters M - 40	17	01:07:32	04:44:10	06:57:39	09:17:45	11:51:14	16:26:54	19:14:01.45	+04:21:31 (22.7%)	8:52	6.8 (78.2%)
34	WARDZYŃSKI Łukasz	2221		Masters M - 40	18	01:18:40	04:54:38	07:19:52	09:49:16	12:18:13	16:32:38	19:14:33.50	+04:22:03 (22.7%)	8:52	6.8 (78.2%)
35	KLIMA Dariusz	2137	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Senior II M - 30	11	01:03:47	04:21:39	06:49:36	09:02:16	11:41:33	16:23:11	19:14:53.90	+04:22:23 (22.7%)	8:53	6.8 (78.2%)
36	PAWLIK Filip	2090		Senior II M - 30	12	01:18:08	05:02:07	07:21:09	09:47:48	12:21:12	16:31:18	19:17:49.35	+04:25:19 (22.9%)	8:54	6.7 (77.0%)
37	SZAFRANIEC Tomasz	2061	MIĘDZYRZECKIE GAZELE	Masters M - 40	19	01:20:41	05:17:23	07:42:22	10:02:26	12:21:39	16:31:45	19:18:15.20	+04:25:45 (22.9%)	8:54	6.7 (77.0%)
38	KUBLIK Łukasz	2114		Senior I M - 20	3	01:18:20	05:06:23	07:30:56	09:41:38	12:18:35	16:26:24	19:18:17.05	+04:25:47 (22.9%)	8:54	6.7 (77.0%)
39	TYLEK Rafał	1223		Weteran I M - 50	3	01:46:47	06:09:42	08:38:31	10:49:01	13:18:29	17:01:51	19:31:10.30	+04:38:40 (23.8%)	9:00	6.7 (77.0%)
40	KOSIOREK Adam	2126	BSAC MOKOBODY	Weteran I M - 50	4	01:35:26	05:48:23	08:22:23	10:44:38	13:11:20	17:08:45	19:34:15.70	+04:41:45 (24.0%)	9:01	6.6 (75.9%)
41	BUCHOWICZ Krzysztof	1359		Masters M - 40	20	01:26:02	05:13:08	07:43:08	09:59:26	12:23:39	16:52:15	19:41:47.80	+04:49:17 (24.5%)	9:05	6.6 (75.9%)

Place	Participant	Number	Club	Category	MCat	A1	A2	A3	A4	A5	A7	Net time	Gap	Pace min/km	Pace km/h
						10km	32km	47km	64km	81km	112km	130km			
42	KYCIA Piotr	1334		Weteran I M - 50	5	01:29:41	05:20:27	07:44:36	10:09:05	12:41:27	16:42:57	19:45:52.20	+04:53:22 (24.7%)	9:07	6.6 (75.9%)
43	GRYNAGIEL Przemysław	2151		Masters M - 40	21	01:13:50	04:41:48	07:07:54	09:22:10	11:48:36	16:44:01	19:46:30.80	+04:54:00 (24.8%)	9:07	6.6 (75.9%)
44	PLOCH Jakub	1333		Senior II M - 30	13	01:12:21	04:57:04	07:31:57	09:41:37	12:08:15	16:27:55	19:48:19.00	+04:55:48 (24.9%)	9:08	6.6 (75.9%)
45	SKORCZYK Adrian	2183	SPEED FEET '16	Masters M - 40	22	01:21:01	05:20:12	07:46:12	10:05:05	12:38:26	16:57:11	19:54:48.50	+05:02:18 (25.3%)	9:11	6.5 (74.7%)
46	ŚLIŹ Sylwia	2053		Senior II K - 30	2	01:20:39	04:57:55	07:20:39	09:55:00	12:52:58	16:58:53	20:01:59.00	+05:09:28 (25.7%)	9:14	6.5 (74.7%)
47	STACHURA Damian	2118	TEAM CEBUL&STACHU	Senior II M - 30	14	01:11:40	05:08:54	07:43:53	10:13:09	12:45:15	17:09:33	20:09:41.00	+05:17:10 (26.2%)	9:18	6.4 (73.6%)
48	CEBULA Grzegorz	2117	TEAM CEBUL&STACHU	Weteran I M - 50	6	01:11:40	05:08:57	07:43:53	10:13:09	12:45:37	17:09:25	20:09:42.75	+05:17:12 (26.2%)	9:18	6.4 (73.6%)
49	GONCZAR Szymon	2189		Senior II M - 30	15	01:14:45	05:05:36	07:31:09	09:53:58	12:15:52	16:52:31	20:16:40.40	+05:24:10 (26.6%)	9:21	6.4 (73.6%)
50	KRUPA Marcin	1045	AKTYWNA NOWA RUDA	Masters M - 40	23	01:05:08	04:50:08	07:06:01	09:22:28	11:59:21	16:52:48	20:16:57.10	+05:24:27 (26.7%)	9:21	6.4 (73.6%)
51	GÓRSKA Agnieszka	1067	ŻARY RUNNERS TEAM	Masters K - 40	2	01:25:41	05:15:58	07:43:21	09:56:38	13:07:31	17:48:22	20:16:58.35	+05:24:28 (26.7%)	9:21	6.4 (73.6%)
52	JANKOWSKI Sebastian	1341	COKE RUNNERS	Senior II M - 30	16	01:22:48	05:24:40	07:55:56	10:31:22	13:31:50	17:48:45	20:17:21.10	+05:24:51 (26.7%)	9:21	6.4 (73.6%)
53	KUCIAK Bartosz	2030		Senior II M - 30	17	01:20:56	05:12:42	07:47:05	10:12:48	13:01:00	17:24:39	20:23:08.10	+05:30:38 (27.0%)	9:24	6.4 (73.6%)
54	ZAJĄC Sebastian	2155	BIEGOWA ŚWIDNICA	Masters M - 40	24	01:09:40	04:51:05	07:22:43	09:49:33	12:32:30	17:05:02	20:23:24.55	+05:30:54 (27.0%)	9:24	6.4 (73.6%)
55	FERSZT Piotr	1283	ULTRA WAY TEAM	Masters M - 40	25	01:13:07	05:08:23	07:49:54	10:20:53	13:04:10	17:42:51	20:29:55.10	+05:37:25 (27.4%)	9:27	6.3 (72.4%)
56	RATAJCZAK Krystian	2208		Senior II M - 30	18	01:23:29	05:30:32	08:02:56	10:27:08	13:05:42	17:28:50	20:32:48.80	+05:40:18 (27.6%)	9:28	6.3 (72.4%)
57	KOWALSKI Łukasz	2045	PHILLIPS MEDISIZE	Masters M - 40	26	01:24:10	05:10:23	07:37:22	09:58:12	12:32:07	17:08:28	20:33:13.50	+05:40:43 (27.6%)	9:29	6.3 (72.4%)
58	GULCZYŃSKI Tomasz	2202		Senior II M - 30	19	01:13:08	05:07:49	07:36:36	09:56:07	13:13:36	17:49:05	20:34:52.90	+05:42:22 (27.7%)	9:29	6.3 (72.4%)
59	DWORNICKI Kamil	1337		Senior II M - 30	20	01:20:33	04:49:29	07:14:54	09:34:50	12:37:25	17:28:36	20:37:18.25	+05:44:48 (27.9%)	9:31	6.3 (72.4%)
60	WIĄCEK Łukasz	1080	IRS KRAKÓW	Masters M - 40	27	01:24:07	05:16:14	07:43:39	10:25:50	13:15:33	17:31:43	20:39:50.65	+05:47:20 (28.0%)	9:32	6.3 (72.4%)
61	ZIELIŃSKI Przemysław	1279		Masters M - 40	28	01:22:35	05:19:34	07:46:40	10:08:15	12:56:44	17:30:15	20:45:56.50	+05:53:26 (28.4%)	9:35	6.3 (72.4%)
62	WOS Rafal	1041	STAJNIAK TEAM	Masters M - 40	29	01:21:34	05:06:19	07:30:08	10:05:19	12:57:19	17:37:33	20:46:17.00	+05:53:46 (28.4%)	9:35	6.3 (72.4%)
63	SZYMAŁA Marcin	1195	KLUCZBORSKA GRUPA BIEGOWA	Weteran I M - 50	7	01:21:47	05:13:20	07:47:08	10:21:52	13:01:10	17:42:02	20:47:42.15	+05:55:12 (28.5%)	9:35	6.3 (72.4%)
64	KUJAWA Krzysztof	2002		Masters M - 40	30	01:17:27	05:13:18	07:41:27	10:08:34	13:07:56	17:37:53	20:55:53.85	+06:03:23 (28.9%)	9:39	6.2 (71.3%)
65	GAIK Andrzej	2222	PODGÓRZ TORUŃ	Weteran I M - 50	8	01:20:36	05:30:14	08:12:15	10:42:46	13:27:16	18:06:49	21:02:04.65	+06:09:34 (29.3%)	9:42	6.2 (71.3%)
66	SAMORAŃSKI Krzysztof	1196	ULTRA-SZCZĘŚCIE	Masters M - 40	31	01:20:22	05:15:47	07:45:36	10:20:39	13:13:19	17:49:58	21:05:09.10	+06:12:39 (29.5%)	9:43	6.2 (71.3%)

Place	Participant	Number	Club	Category	MCat	A1	A2	A3	A4	A5	A7	Net time	Gap	Pace min/km	Pace km/h
						10km	32km	47km	64km	81km	112km	130km			
67	BŁĘDOWSKI Mariusz	1192	COYOTE TEAM	Masters M - 40	32	01:17:49	05:23:48	08:03:54	10:34:33	13:19:09	17:54:01	21:05:10.10	+06:12:40 (29.5%)	9:43	6.2 (71.3%)
68	GAJ Grzegorz	1339	BORKI TEAM	Masters M - 40	33	01:25:25	05:25:28	08:07:14	10:28:42	13:16:07	17:53:52	21:05:21.95	+06:12:51 (29.5%)	9:44	6.2 (71.3%)
69	LOREK Adam	2038	#BIEGAJLESZNO	Masters M - 40	34	01:17:43	05:02:04	07:31:35	09:55:45	12:37:34	17:12:05	21:10:06.60	+06:17:36 (29.7%)	9:46	6.1 (70.1%)
70	FOJT Krzysztof	2207	APR69	Masters M - 40	35	01:17:10	05:22:16	08:27:07	10:41:38	13:52:08	18:14:50	21:16:08.20	+06:23:38 (30.1%)	9:48	6.1 (70.1%)
71	SZUKAŁA Damian	1141	ULTRA BEER RUNNERS	Senior II M - 30	21	01:35:54	06:06:03	08:33:20	11:10:29	13:41:22	18:16:27	21:16:09.30	+06:23:39 (30.1%)	9:48	6.1 (70.1%)
72	CHACIŃSKI Mikołaj	1288	PROAUTOMATION	Masters M - 40	36	01:24:37	05:26:56	08:02:40	10:29:38	13:14:02	17:57:09	21:17:35.15	+06:25:05 (30.1%)	9:49	6.1 (70.1%)
73	SADOWSKA Jagoda	2011	#YOLOTEAMKRK	Senior II K - 30	3	01:36:30	05:51:08	08:20:59	10:51:58	13:31:30	18:02:59	21:22:01.35	+06:29:31 (30.4%)	9:51	6.1 (70.1%)
74	SMYK Mariusz	2220		Masters M - 40	37	01:26:30	05:17:55	07:46:47	10:08:08	12:53:13	17:44:03	21:22:24.35	+06:29:54 (30.4%)	9:51	6.1 (70.1%)
75	KOWALCZYK Marek	2161		Masters M - 40	38	01:10:29	04:45:14	07:16:13	09:46:47	12:39:45	17:49:43	21:27:06.90	+06:34:36 (30.7%)	9:54	6.1 (70.1%)
76	KUC Wojciech	1211		Senior II M - 30	22	01:34:42	05:36:59	08:12:00	10:38:43	13:13:21	18:02:29	21:32:16.70	+06:39:46 (30.9%)	9:56	6 (69.0%)
77	GARBOWSKA Monika	2107	COMPAÑEROS ASFALT TEAM	Masters K - 40	3	01:29:35	05:49:50	08:28:38	11:02:27	13:59:45	18:39:37	21:34:57.60	+06:42:27 (31.1%)	9:57	6 (69.0%)
78	BUCZYŃSKI Radosław	2051	COMPANEROS ASFALT TEAM	Senior II M - 30	23	01:29:23	05:46:28	08:25:47	11:02:27	13:59:55	18:38:29	21:34:57.70	+06:42:27 (31.1%)	9:57	6 (69.0%)
79	HOLC Michał	2130		Senior II M - 30	24	01:24:58	05:12:42	07:41:55	10:03:01	13:10:38	18:14:47	21:38:24.25	+06:45:54 (31.3%)	9:59	6 (69.0%)
80	MAZUREK Roman	1265	SPARTANIE DZIECIOM	Masters M - 40	39	01:20:53	05:31:37	08:12:50	10:51:52	13:40:12	18:44:44	21:41:17.80	+06:48:47 (31.4%)	10:00	6 (69.0%)
81	ROGOWSKI Krzysztof	2154		Senior II M - 30	25	01:19:49	05:06:16	07:36:58	09:41:25	12:10:53	17:15:33	21:41:38.15	+06:49:08 (31.4%)	10:00	6 (69.0%)
82	KIEZIK Anna	2071	PSZCZÓLKOWSKI TEAM	Masters K - 40	4	01:20:29	05:33:26	08:21:46	10:45:45	13:37:57	18:22:21	21:44:48.75	+06:52:18 (31.6%)	10:02	6 (69.0%)
83	BULIKOWSKI Tomasz	2017		Masters M - 40	40	01:24:44	05:31:39	08:22:30	10:52:13	13:39:07	18:25:16	21:45:33.70	+06:53:03 (31.6%)	10:02	6 (69.0%)
84	MALISZEWSKA Malwina	1278	ULTRA WAY TEAM	Masters K - 40	5	01:21:43	05:41:11	08:21:53	10:45:54	13:38:05	18:22:29	21:46:52.60	+06:54:22 (31.7%)	10:03	6 (69.0%)
85	PLEWA Sylwia	2163	RKS PIŁA PODLASIE	Weteran K - 50	1	01:26:59	05:41:15	08:13:04	10:51:03	13:39:13	18:40:50	21:50:44.40	+06:58:14 (31.9%)	10:04	6 (69.0%)
86	LISIECKI Tomasz	1343	TRZYNASTKA PLUS	Masters M - 40	41	01:20:50	06:51:18	09:04:37	11:21:32	14:12:32	18:31:43	21:51:00.35	+06:58:30 (31.9%)	10:05	5.9 (67.8%)
87	KURCZYK Tomasz	2112		Masters M - 40	42	01:20:57	05:11:44	07:53:17	10:25:43	13:25:05	18:35:51	21:51:25.95	+06:58:55 (31.9%)	10:05	5.9 (67.8%)
88	WASILEWSKI Marcin	2024		Senior II M - 30	26	01:21:00	05:24:24	08:07:45	10:20:10	13:18:38	17:51:57	21:51:27.60	+06:58:57 (31.9%)	10:05	5.9 (67.8%)
89	CIURASZKIEWICZ Andrzej	2057		Masters M - 40	43	01:21:00	05:12:06	07:53:49	10:26:14	13:25:30	18:36:20	21:51:55.40	+06:59:25 (32.0%)	10:05	5.9 (67.8%)
90	JAKUBOWSKI Andrzej	2001		Senior II M - 30	27	01:08:37	04:48:00	07:16:11	09:34:25	12:25:28	17:56:12	21:53:22.00	+07:00:51 (32.0%)	10:06	5.9 (67.8%)
91	WOJCIECHOWSKI Krzysztof	1118	RADLINIOKI W BIEGU	Masters M - 40	44	01:18:44	05:36:45		11:04:03	13:56:42	18:36:35	21:54:27.95	+07:01:57 (32.1%)	10:06	5.9 (67.8%)

Place	Participant	Number	Club	Category	MCat	A1	A2	A3	A4	A5	A7	Net time	Gap	Pace	Pace
						10km	32km	47km	64km	81km	112km	130km		min/km	km/h
92	SEKMAN Tomasz	2083		Masters M - 40	45	01:17:04	05:08:55	07:47:08	10:14:33	13:03:24	18:15:18	21:55:57.85	+07:03:27 (32.2%)	10:07	5.9 (67.8%)
93	WALCZAK Dariusz	2098	OLKUSZBIEGA	Weteran I M - 50	9	01:23:52	05:37:31	08:25:54	11:01:07	13:39:04	18:31:54	22:06:04.30	+07:13:34 (32.7%)	10:12	5.9 (67.8%)
94	PARSZEWSKA Aleksandra	2035	RESHAPE RUNNERS	Senior II K - 30	4	01:26:37	05:24:13	08:06:42	10:41:43	13:23:33	18:37:10	22:06:15.75	+07:13:45 (32.7%)	10:12	5.9 (67.8%)
95	FALDZINSKI Bartosz	2164	POLACY BIEGAJĄ W NL	Masters M - 40	46	01:23:26	05:32:32	08:14:08	10:52:09	13:48:00	18:49:23	22:11:02.60	+07:18:32 (32.9%)	10:14	5.9 (67.8%)
96	BRODA Wojciech	2068	HUTASY RUNNERS TEAM	Weteran I M - 50	10	01:18:36	05:34:20	08:26:47	11:05:56	13:57:07	18:43:43	22:12:35.30	+07:20:05 (33.0%)	10:15	5.9 (67.8%)
97	RADZIWOŃ Anna	2064	GRUPA NIENACHALNIE HEROICZNA	Masters K - 40	6	01:32:00	05:45:34	08:32:02	11:12:11	14:00:45	19:04:22	22:14:14.90	+07:21:44 (33.1%)	10:15	5.8 (66.7%)
98	ZAMBRZYCKI Maciej	2105	RESHAPE RUNNERS	Masters M - 40	47	01:23:47	05:23:40	08:07:17	10:45:33	13:59:52	18:56:43	22:20:22.95	+07:27:52 (33.4%)	10:18	5.8 (66.7%)
99	SALWA Krzysztof	1088	SALCLAN-TEAM	Masters M - 40	48	01:24:11	05:27:39	08:14:48	10:44:17	14:10:06	18:56:04	22:21:09.65	+07:28:39 (33.5%)	10:18	5.8 (66.7%)
100	KRÓL Maciej	1175	WIRAN TEAM	Masters M - 40	49	01:21:11	05:51:45	08:37:12	11:13:52	13:51:24	18:42:08	22:21:38.40	+07:29:08 (33.5%)	10:19	5.8 (66.7%)
101	KULGAJUK Michał	1123	STRASZYN ULTRA TEAM	Senior II M - 30	28	01:38:08	06:11:13	08:44:17	11:27:54	14:28:30	19:23:00	22:22:18.40	+07:29:48 (33.5%)	10:19	5.8 (66.7%)
102	SZRENIAWA Waldemar	2059	MIRAZ RACE TEAM	Senior II M - 30	29	01:13:58	04:42:40	07:00:32	09:20:20	11:58:30	17:35:28	22:23:31.35	+07:31:01 (33.6%)	10:20	5.8 (66.7%)
103	ZAJĄC Leszek	1032		Senior II M - 30	30	01:19:08	05:38:01	08:30:59	11:06:01	13:52:07	18:59:21	22:32:03.70	+07:39:33 (34.0%)	10:24	5.8 (66.7%)
104	DARMETKO Rafał	1221		Senior II M - 30	31	01:23:18	05:24:37	07:55:50	10:31:17	13:31:48	18:59:15	22:32:12.35	+07:39:42 (34.0%)	10:24	5.8 (66.7%)
105	CZAPLA Tomasz	1105		Masters M - 40	50	01:36:39	05:39:47	08:12:44	10:49:27	13:53:06	18:56:16	22:32:54.25	+07:40:24 (34.0%)	10:24	5.8 (66.7%)
106	BINKOWSKI Waldemar	1352		Weteran I M - 50	11	01:29:08	05:49:02	08:39:25	11:12:39	13:52:37	18:48:57	22:33:44.90	+07:41:14 (34.1%)	10:24	5.8 (66.7%)
107	JARUS Andrzej	1093	POLISH WINGS	Masters M - 40	51	01:23:28	05:35:56	08:20:39	11:02:47	14:00:11	18:57:05	22:34:49.95	+07:42:19 (34.1%)	10:25	5.8 (66.7%)
108	BLASZKE Beata	2150	BIEGAJ Z TRENERAMI	Masters K - 40	7	01:34:10	06:06:34	08:55:17	11:27:58	14:16:12	19:05:12	22:41:02.60	+07:48:32 (34.4%)	10:28	5.7 (65.5%)
109	KINCEL Krzysztof	2212		Weteran I M - 50	12	01:34:44	06:04:17	08:56:12	11:40:38	14:24:59	19:21:11	22:41:25.75	+07:48:55 (34.4%)	10:28	5.7 (65.5%)
110	GRABLEWSKI Grzegorz	1268	MKS SIECHNICE	Masters M - 40	52	01:10:34	05:15:49	07:47:40	10:21:02	13:46:51	19:16:07	22:41:58.60	+07:49:28 (34.5%)	10:28	5.7 (65.5%)
111	TASZAREK Jakub	2210	PROJEKT JTA JAKUB TASZAREK	Masters M - 40	53	01:21:06	05:35:55	08:25:09	11:06:32	13:57:56	19:18:05	22:46:23.90	+07:53:53 (34.7%)	10:30	5.7 (65.5%)
112	SIEPIOŁA Cezary	2149	GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	54	01:26:48	05:26:50	08:08:03	10:51:32	13:40:32	19:05:28	22:47:10.15	+07:54:40 (34.7%)	10:31	5.7 (65.5%)
113	DOBROŚ Tomasz	2004		Masters M - 40	55	01:20:19	05:20:51	07:47:50	10:09:09	12:43:37	17:49:31	22:51:46.60	+07:59:16 (34.9%)	10:33	5.7 (65.5%)
114	PACHLA Jacek	2125	KB SZAMOTUŁY	Weteran I M - 50	13	01:12:08	05:11:45	07:58:46	10:59:30	14:18:35	19:37:24	22:54:09.90	+08:01:39 (35.1%)	10:34	5.7 (65.5%)
115	SERAFIN Robert	2157		Senior II M - 30	32	01:29:18	06:04:10	08:48:13	11:34:47	14:37:33	19:49:22	22:57:58.95	+08:05:28 (35.2%)	10:35	5.7 (65.5%)
116	MUSZYŃSKI Krzysztof	1014		Masters M - 40	56	01:28:53	05:56:34	08:44:04	11:30:05	14:40:35	19:32:49	23:01:37.30	+08:09:07 (35.4%)	10:37	5.6 (64.4%)

Place	Participant	Number	Club	Category	MCat	A1	A2	A3	A4	A5	A7	Net time	Gap	Pace min/km	Pace km/h
						10km	32km	47km	64km	81km	112km	130km			
117	LECHOWICZ Mariusz	1018	11 MAŁOPOLSKA BRYGADA OBRONY TERYTORIALNEJ	Masters M - 40	57	01:32:24	05:57:00	08:47:05	11:41:17	14:28:49	19:39:51	23:01:52.20	+08:09:22 (35.4%)	10:37	5.6 (64.4%)
118	KARASEK Wojciech	1365	COB - CAŁA OLEŚNICA BIEGA	Weteran I M - 50	14	01:18:16	05:30:47	08:16:22	10:53:02	13:34:54	19:06:12	23:02:29.75	+08:09:59 (35.4%)	10:38	5.6 (64.4%)
119	KRZYŻAN Jakub	1017	KW KRAKÓW	Masters M - 40	58	01:32:57	05:44:07	08:20:16	10:56:08	13:53:42	19:01:11	23:02:45.95	+08:10:15 (35.5%)	10:38	5.6 (64.4%)
120	OLESZEK Magdalena	1003	W POGONI ZA DUCHEM	Senior II K - 30	5	01:20:52	05:20:54	07:53:23	10:16:12	13:23:17	19:05:32	23:08:44.00	+08:16:13 (35.7%)	10:40	5.6 (64.4%)
121	KRAWCZYK Jakub	1271		Senior II M - 30	33	01:23:24	05:30:52	08:17:29	10:56:27	14:16:24	20:06:03	23:13:06.40	+08:20:36 (35.9%)	10:42	5.6 (64.4%)
122	ISZCZAK Kazimierz	2080		Masters M - 40	59	01:20:04	05:46:30	08:37:10	11:16:39	14:16:11	19:28:28	23:16:29.45	+08:23:59 (36.1%)	10:44	5.6 (64.4%)
123	MARZEC Karolina	2009	DZIKIE DZIKI GORZÓW	Masters K - 40	8	01:24:22	05:26:36	08:03:06	10:41:14	13:43:02	19:05:43	23:21:09.90	+08:28:39 (36.3%)	10:46	5.6 (64.4%)
124	MALINOWSKI Jerzy	1168	ZIĘBICE ULTRA TEAM	Weteran I M - 50	15	01:37:49	06:30:33	09:15:34	11:50:48	14:37:53	19:38:05	23:21:12.80	+08:28:42 (36.3%)	10:46	5.6 (64.4%)
125	GRZOMBA Łukasz	1190	DABROWSKI TEAM	Senior II M - 30	34	01:22:29	05:22:17	08:02:41	10:45:30	13:50:05	19:17:42	23:21:36.70	+08:29:06 (36.3%)	10:46	5.6 (64.4%)
126	NOWAK Dawid	1165	ALSTOM KATOWICE	Senior II M - 30	35	01:30:58	05:58:35	08:50:19	11:26:54	14:19:36	19:46:53	23:21:38.75	+08:29:08 (36.3%)	10:46	5.6 (64.4%)
127	GAWLIK Marcin	1164	GONIĘ "MISZCZA" - MKS SIECHNICE	Masters M - 40	60	01:26:12	06:07:41	09:01:19	11:34:44	14:39:18	19:44:46	23:23:32.45	+08:31:02 (36.4%)	10:47	5.6 (64.4%)
128	KLIMCZAK Jacek	1177	UKS PRZEŁĄJ ŻERKÓW	Senior II M - 30	36	01:15:33	05:06:32	07:41:34	10:22:38	13:37:49	19:24:05	23:23:53.25	+08:31:23 (36.4%)	10:47	5.6 (64.4%)
129	MOCEK Grzegorz	2152		Weteran I M - 50	16	01:36:14	06:17:25	09:08:49	11:41:43	14:17:41	19:35:08	23:25:47.55	+08:33:17 (36.5%)	10:48	5.5 (63.2%)
130	CHOJNOWSKI Andrzej	1086		Weteran I M - 50	17	01:35:39	06:24:55	09:14:19	11:49:34	14:32:42	19:23:30	23:26:35.55	+08:34:05 (36.5%)	10:49	5.5 (63.2%)
131	MAŁYSZA Sławomir	2134		Weteran I M - 50	18	01:46:43	06:36:03	09:26:02	12:01:34	14:52:38	19:56:14	23:27:05.20	+08:34:35 (36.6%)	10:49	5.5 (63.2%)
132	GURGACZ Tomasz	2066		Masters M - 40	61	01:21:25	05:11:10	07:50:36	10:40:13	13:27:01	19:24:44	23:27:13.15	+08:34:43 (36.6%)	10:49	5.5 (63.2%)
133	MOKRYCKI Krystian	1293		Masters M - 40	62	01:22:13	05:20:47	07:59:55	10:41:55	13:47:36	19:27:24	23:28:48.75	+08:36:18 (36.6%)	10:50	5.5 (63.2%)
134	BUKOWSKI Stanisław	1213	LAUGASKOKK / ZABIEGANI REYKJAVÍK	Masters M - 40	63	01:38:46	06:12:00	08:59:59	11:51:01	14:34:56	20:00:13	23:30:51.95	+08:38:21 (36.7%)	10:51	5.5 (63.2%)
135	SZPECHT Piotr	2178		Senior II M - 30	37	01:28:22	05:40:36	08:25:06	11:11:42	14:11:41	19:46:54	23:33:57.55	+08:41:27 (36.9%)	10:52	5.5 (63.2%)
136	LUTY Paweł	2185		Masters M - 40	64	01:17:25	05:25:05	08:05:08	10:44:52	13:46:13	19:19:49	23:35:10.60	+08:42:40 (36.9%)	10:53	5.5 (63.2%)
137	HELWICH Paweł	1033		Masters M - 40	65	01:42:00	06:17:09	08:59:36	11:38:39	14:50:46	20:14:20	23:35:14.45	+08:42:44 (36.9%)	10:53	5.5 (63.2%)
138	SIWEK Jarek	1227		Weteran I M - 50	19	01:42:02	06:17:15	08:45:08	11:38:48	14:50:50	20:14:24	23:35:18.15	+08:42:48 (36.9%)	10:53	5.5 (63.2%)
139	MANIAS Michał	1124	STRASZYN ULTRA TEAM	Masters M - 40	66	01:38:06	06:11:20	08:44:20	11:27:54	14:28:43	20:04:31	23:38:55.60	+08:46:25 (37.1%)	10:54	5.5 (63.2%)
140	GRUSZKA Janusz	2049	KITA TEAM	Senior II M - 30	38	01:12:50	05:17:23	07:42:42	10:27:12	13:47:10	19:13:05	23:40:56.00	+08:48:25 (37.2%)	10:55	5.5 (63.2%)
141	GRZESZCZUK Łukasz	1199	SZTAFETA NADZIEI	Senior II M - 30	39	01:31:06	06:04:07	08:49:25	11:28:22	14:42:36	19:53:25	23:42:49.80	+08:50:19 (37.3%)	10:56	5.5 (63.2%)

Place	Participant	Number	Club	Category	MCat	A1	A2	A3	A4	A5	A7	Net time	Gap	Pace min/km	Pace km/h
						10km	32km	47km	64km	81km	112km	130km			
142	ZYGNER Sławomir	2028	LEŚNE DZIKI PGB	Weteran I M - 50	20	01:32:16	06:35:28	09:45:31	12:42:43	15:26:17	20:17:36	23:44:37.25	+08:52:07 (37.4%)	10:57	5.5 (63.2%)
143	DORSZ Beata	1009		Weteran K - 50	2	01:30:36	06:23:14	09:28:28	12:13:44	15:09:16	20:08:16	23:48:03.85	+08:55:33 (37.5%)	10:59	5.5 (63.2%)
144	KOSTERA Tomasz	1252	VEGE RUNNERS	Masters M - 40	67	01:30:49	06:00:11	08:36:20	11:25:32	14:37:35	20:06:13	23:48:11.00	+08:55:40 (37.5%)	10:59	5.5 (63.2%)
145	KOSMOWSKI Wiesław	1117		Senior II M - 30	40	01:32:20	05:58:26	09:09:41	11:56:45	14:34:54	20:03:42	23:48:28.15	+08:55:58 (37.5%)	10:59	5.5 (63.2%)
146	DAWIDZIAK Arkadiusz	1150		Senior II M - 30	41	01:28:35	05:47:05	08:33:20	11:22:01	14:14:33	19:46:00	23:49:04.35	+08:56:34 (37.5%)	10:59	5.5 (63.2%)
147	RYBARCZYK Ilona	1019	KOŁO BIEGA	Senior II K - 30	6	01:27:17	05:52:12	08:40:49	11:22:33	14:39:17	20:15:34	23:52:27.95	+08:59:57 (37.7%)	11:01	5.4 (62.1%)
148	KONARSKI Maciej	1147	DOGOŃ GRODZISK MAZOWIECKI	Masters M - 40	68	01:24:28	05:31:34	08:19:05	10:55:53	13:59:33	19:53:41	23:52:53.20	+09:00:23 (37.7%)	11:01	5.4 (62.1%)
149	MILEWSKI Maciej	1253	SAMOTNY WILK	Masters M - 40	69	01:41:28	06:36:05	09:22:28	12:09:42	15:25:08	20:11:07	23:53:14.35	+09:00:44 (37.7%)	11:01	5.4 (62.1%)
150	GRZEŚKOWIAK Zbigniew	1171	JUTROSIŃSKI KLUB BIEGACZY	Masters M - 40	70	01:35:15	05:56:44	08:33:45	10:59:27	14:06:34	19:54:08	23:53:14.90	+09:00:44 (37.7%)	11:01	5.4 (62.1%)
151	GAŁKA Jacek	2044	VEGE RUNNERS	Masters M - 40	71	01:34:38	06:24:55	09:29:57	12:12:25	15:12:00	20:34:10	23:53:33.90	+09:01:03 (37.7%)	11:01	5.4 (62.1%)
152	SEGIN Marcin	2006	SPRINT ZALEWO	Masters M - 40	72	01:33:26	05:58:41	08:46:54	11:28:14	14:31:14	19:56:10	23:54:55.15	+09:02:25 (37.8%)	11:02	5.4 (62.1%)
153	WTOREK-BUGAŃSKA Ilona	2119	CARBON SILESIA SPORT	Senior II K - 30	7	01:25:06	05:36:58	08:32:28	11:24:44	14:19:47	20:10:37	24:01:53.00	+09:09:22 (38.1%)	11:05	5.4 (62.1%)
154	NOGA Krystian	1040	DKS - DWUOSOBOWY KLUB SPORTOWY SWD!	Masters M - 40	73	01:43:51	06:38:07	09:29:03	12:22:06	15:40:59	20:49:28	24:02:16.40	+09:09:46 (38.1%)	11:05	5.4 (62.1%)
155	WIŚNIEWSKA Agnieszka	2132		Masters K - 40	9	01:33:50	06:35:02	09:30:45	12:23:23	15:18:48	20:34:28	24:02:17.75	+09:09:47 (38.1%)	11:05	5.4 (62.1%)
156	KUDELSKI Ireneusz	1302	43 WOJSKOWY ODDZIAŁ GOSPODARCZY	Weteran I M - 50	21	01:41:19	07:08:35	10:06:00	12:36:31	15:17:22	20:28:27	24:07:24.85	+09:14:54 (38.3%)	11:08	5.4 (62.1%)
157	PAWLAK Bartosz	1284	RUN AND FLY	Masters M - 40	74	01:26:38	06:10:48	09:00:30	11:41:14	14:57:55	20:28:26	24:08:15.95	+09:15:45 (38.4%)	11:08	5.4 (62.1%)
158	SZPONDER Artur	2040	KBKS RADOMSKO	Senior II M - 30	42	01:22:34	06:06:33	08:50:55	11:26:36	14:30:52	19:44:32	24:09:40.55	+09:17:10 (38.4%)	11:09	5.4 (62.1%)
159	DUDEK Remigiusz	1228	ZIĘBICE	Senior II M - 30	43	01:37:49	06:30:28	09:16:05	11:51:02	14:53:38	20:20:20	24:14:02.10	+09:21:32 (38.6%)	11:11	5.4 (62.1%)
160	DZISZKIEWICZ Grzegorz	1348		Masters M - 40	75	01:34:01	06:32:36	09:25:48	12:29:12	15:03:43	20:39:57	24:14:16.60	+09:21:46 (38.6%)	11:11	5.4 (62.1%)
161	ZAJĄC Rafał	1063	NAD AKTYWNI.	Senior II M - 30	44	01:46:55	06:50:55	09:48:19	12:25:33	15:13:01	20:33:25	24:19:14.30	+09:26:44 (38.8%)	11:13	5.3 (60.9%)
162	KUŻEL Adrian	1022	NADAKTYWNI NOWE MIASTECZKO	Masters M - 40	76	01:46:56	06:50:57	09:48:21	12:25:36	15:12:59	20:33:34	24:19:14.40	+09:26:44 (38.8%)	11:13	5.3 (60.9%)
163	HAUPA Maciej	1236		Masters M - 40	77	01:45:01	06:41:30	09:45:47	12:43:44	15:40:28	21:00:39	24:21:33.20	+09:29:03 (38.9%)	11:14	5.3 (60.9%)
164	LORANC Paweł	1013	WILD BUCHAYS	Masters M - 40	78	01:52:07	06:57:14	10:12:47	13:31:49	16:18:22	21:34:48	24:22:16.00	+09:29:45 (39.0%)	11:14	5.3 (60.9%)
165	RADZIWOŃ Krzysztof	2065	GRUPA NIENACHALNIE HEROICZNA	Masters M - 40	79	01:33:54	06:17:41	09:27:45	12:19:20	15:39:36	20:50:38	24:23:04.60	+09:30:34 (39.0%)	11:15	5.3 (60.9%)
166	KAPICA Anna	2190	RESOVIA RZESZÓW	Masters K - 40	10	01:28:27	06:22:53	09:20:18		14:34:05	19:56:46	24:23:50.15	+09:31:20 (39.0%)	11:15	5.3 (60.9%)

Place	Participant	Number	Club	Category	MCat	A1	A2	A3	A4	A5	A7	Net time	Gap	Pace min/km	Pace km/h
						10km	32km	47km	64km	81km	112km	130km			
167	TYŚ Radek	1248	NOWA RUDA BIEGA	Senior II M - 30	45	01:26:57	06:03:17	08:51:22	11:29:35	14:35:56	20:15:21	24:23:52.25	+09:31:22 (39.0%)	11:15	5.3 (60.9%)
168	LAKOWSKI Sylwester	1275	P&G RUNNING TEAM	Weteran I M - 50	22	01:17:36	05:25:21	08:20:29	11:09:30	14:29:33	20:05:47	24:24:11.80	+09:31:41 (39.0%)	11:15	5.3 (60.9%)
169	AL-JEABORY Mahdi	1125	CZARNA TĘCZA	Masters M - 40	80	01:40:36	06:35:48	09:32:01	12:22:35	15:20:09	20:59:16	24:24:17.85	+09:31:47 (39.0%)	11:15	5.3 (60.9%)
170	NOWAK Jarosław	2199		Weteran I M - 50	23	01:39:57	06:26:08	09:10:43	11:58:30	14:58:49	20:35:52	24:24:59.80	+09:32:29 (39.1%)	11:16	5.3 (60.9%)
171	BALCERZAK Robert	2050	KLUB BIEGACZA WARTA	Masters M - 40	81	01:24:55	06:18:34	09:22:25	12:30:22	15:35:22	20:59:38	24:25:08.45	+09:32:38 (39.1%)	11:16	5.3 (60.9%)
172	ZIOBROWSKI Mateusz	2041	BIEGOSTACJAUSTRATEAM	Senior II M - 30	46	01:37:47	06:47:19	09:52:01	12:47:23	15:59:18	21:15:04	24:25:21.65	+09:32:51 (39.1%)	11:16	5.3 (60.9%)
173	WIŚNIEWSKI Artur	1176		Masters M - 40	82	01:29:02	06:06:00	09:00:43	11:58:42	15:10:58	20:38:37	24:26:43.50	+09:34:13 (39.2%)	11:16	5.3 (60.9%)
174	PIOTROWSKI Michał	2022	#ŻEBERKATEAM	Masters M - 40	83	01:47:55	07:04:46	10:11:30	13:02:16	16:03:54	21:13:51	24:28:02.35	+09:35:32 (39.2%)	11:17	5.3 (60.9%)
175	BIAŁEK Adam	1151		Weteran I M - 50	24	01:47:33	06:58:28	10:07:07	12:49:40	15:40:23	20:56:56	24:29:53.70	+09:37:23 (39.3%)	11:18	5.3 (60.9%)
176	ZAWADZKI Tomasz	2123		Masters M - 40	84	01:41:25	06:49:00	09:41:42	12:25:19	15:31:44	20:45:53	24:31:02.30	+09:38:32 (39.3%)	11:18	5.3 (60.9%)
177	CHUDA Aneta	2018		Masters K - 40	11	01:36:01	06:14:00	09:11:51	11:57:04	14:53:02	20:11:10	24:31:22.50	+09:38:52 (39.3%)	11:19	5.3 (60.9%)
178	PAWLAK Paweł	2124	WYGRAŁEM WYŚCIG Z ŻÓŁWIEM	Weteran I M - 50	25	01:45:50	07:23:02	10:13:58	13:08:56	16:01:30	21:12:34	24:32:20.30	+09:39:50 (39.4%)	11:19	5.3 (60.9%)
179	WOŹNIAK Michał	1135	RUNNER_ULTRA	Senior II M - 30	47	01:25:18	05:42:46	08:39:23	11:35:38	14:55:01	20:41:59	24:34:34.55	+09:42:04 (39.5%)	11:20	5.3 (60.9%)
180	MARCZEWSKI Andrzej	1276	DLA BOGUSI	Weteran II M - 60	1	01:28:43	06:21:13	09:19:14	12:03:48	15:02:11	20:30:52	24:36:25.00	+09:43:54 (39.5%)	11:21	5.3 (60.9%)
181	SZYGENDA Sebastian	2147	TIGER TEAM	Masters M - 40	85	01:29:45	05:56:37	08:48:34	11:36:30	15:00:00	20:54:59	24:38:55.05	+09:46:25 (39.7%)	11:22	5.3 (60.9%)
182	KWIATKOWSKI Przemysław	2148	PWSD GNIEZNO	Masters M - 40	86	01:29:44	05:56:38	08:48:37	11:36:30	15:00:00	20:55:00	24:38:55.80	+09:46:25 (39.7%)	11:22	5.3 (60.9%)
183	STYSIEK Piotr	1319	BIEGIEM RADOM!	Masters M - 40	87	01:43:31	06:55:10	10:07:32	12:59:02	15:51:02	21:12:15	24:40:04.05	+09:47:34 (39.7%)	11:23	5.3 (60.9%)
184	BARTNIAK Kamil	1181	NO LIMITS TRAIL	Masters M - 40	88	01:34:45	06:10:27	08:59:48	11:33:08	14:36:02	20:41:25	24:40:50.20	+09:48:20 (39.7%)	11:23	5.3 (60.9%)
185	FURMAŃCZYK Michał	1307		Masters M - 40	89	01:51:55	06:57:35	10:03:17	12:46:21	15:41:30	21:03:29	24:41:08.85	+09:48:38 (39.7%)	11:23	5.3 (60.9%)
186	KRAWCZUK Dawid	1169	151 BATALION LEKKIEJ PIECHOTY W SKWIERZYNIE	Masters M - 40	90	01:22:24	06:33:49	09:25:20	12:37:22	15:29:27	21:07:04	24:41:28.30	+09:48:58 (39.8%)	11:23	5.3 (60.9%)
187	SZOPA Marek	1300	TEAM KOPEĆ	Masters M - 40	91	01:29:06	06:11:10	09:12:40	12:08:34	15:12:18	20:53:14	24:44:08.20	+09:51:38 (39.9%)	11:24	5.3 (60.9%)
188	ŻABIEREK Tomasz	2092		Masters M - 40	92	01:23:54	05:55:52	09:18:14	11:53:03	15:11:02	20:53:53	24:44:43.15	+09:52:13 (39.9%)	11:25	5.3 (60.9%)
189	GRZYBOWSKA Karolina	1261	GRANDAUTO	Masters K - 40	12	01:34:41	06:26:56	09:30:50	12:21:49	15:22:41	20:54:08	24:45:21.90	+09:52:51 (39.9%)	11:25	5.3 (60.9%)
190	BOBIN Tomasz	1264	ZOCHU TEAM	Masters M - 40	93	01:30:27	06:16:13	09:14:51	11:53:11	14:52:31	20:56:43	24:45:38.75	+09:53:08 (39.9%)	11:25	5.3 (60.9%)
191	STYCZYŃSKI Grzegorz	1347	DATAFEEDWATCH TEAM	Masters M - 40	94	01:41:29	06:17:56	09:13:04	11:52:26	14:55:02	20:19:02	24:45:52.25	+09:53:22 (39.9%)	11:25	5.2 (59.8%)

Place	Participant	Number	Club	Category	MCat	A1	A2	A3	A4	A5	A7	Net time	Gap	Pace min/km	Pace km/h
						10km	32km	47km	64km	81km	112km	130km			
192	BOCZEK Leszek	1330	ZAŁOGA GÓRSKA	Senior II M - 30	48	01:50:15	07:08:00	10:09:24	12:39:33	15:33:56	20:54:03	24:48:18.80	+09:55:48 (40.0%)	11:26	5.2 (59.8%)
193	WAWRYKÓW Kuba	2138		Senior I M - 20	4	01:32:56	05:44:28	08:23:03	11:08:54	14:21:07	20:29:37	24:49:24.85	+09:56:54 (40.1%)	11:27	5.2 (59.8%)
194	NIEMAS Mariusz	2170		Weteran I M - 50	26	01:29:54	06:19:56	09:07:33	12:08:55	15:27:00	21:09:04	24:54:32.80	+10:02:02 (40.3%)	11:29	5.2 (59.8%)
195	GRABOWICZ Paweł	1218		Masters M - 40	95	01:39:56	06:26:09	09:10:42	11:58:32	14:58:50	20:45:43	24:55:36.35	+10:03:06 (40.3%)	11:30	5.2 (59.8%)
196	PTASZYŃSKA Eliza	2086		Masters K - 40	13	01:45:26	07:10:56	10:06:29	12:48:16	15:40:37	21:27:23	24:55:40.50	+10:03:10 (40.3%)	11:30	5.2 (59.8%)
197	SZCZERBAL Agnieszka	2075	TKKF MPK POZNAŃ	Masters K - 40	14	01:33:49	06:27:53	09:29:58	12:35:07	15:41:21	21:17:24	24:55:51.20	+10:03:21 (40.3%)	11:30	5.2 (59.8%)
198	PAWLAK Maciej	1200	3TEAM KONIN/MPEC KONIN	Weteran I M - 50	27	01:31:14	06:59:16	09:53:07	12:25:43	15:56:08	22:06:35	24:55:54.65	+10:03:24 (40.3%)	11:30	5.2 (59.8%)
199	NOWAK Krystian	1159	NKB CHYŻY NOWY TOMYŚL	Senior I M - 20	5	01:35:21	06:31:05	09:25:11	12:19:10	15:46:05	21:28:34	24:56:46.55	+10:04:16 (40.4%)	11:30	5.2 (59.8%)
200	JANIK Przemysław	2223		Senior II M - 30	49	01:43:18	07:00:03	10:06:54	12:46:40	15:38:23	20:53:32	24:57:08.75	+10:04:38 (40.4%)	11:30	5.2 (59.8%)
201	MARGASIŃSKI Michał	1020	GÓRYLASY	Senior II M - 30	50	01:42:38	06:44:24	09:26:06	12:11:23	15:16:52	20:42:30	24:57:43.45	+10:05:13 (40.4%)	11:31	5.2 (59.8%)
202	ADAMOWYCZ Bogusław	1065	BOJADELSKA BRAĆ BIEGOWA	Weteran I M - 50	28	01:34:22	06:39:36	09:54:24	12:45:35	15:43:11	21:17:30	24:57:58.05	+10:05:28 (40.4%)	11:31	5.2 (59.8%)
203	KRAWCZYK Michał	1338		Senior II M - 30	51	01:40:48	06:30:00	09:24:57	12:02:23	15:16:13	21:20:47	24:58:31.80	+10:06:01 (40.4%)	11:31	5.2 (59.8%)
204	KAMIŃSKI Daniel	1109	KS GRUCHA / GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	96	01:35:09	06:38:32	09:26:42	12:18:26	15:30:27	21:30:51	25:00:46.75	+10:08:16 (40.5%)	11:32	5.2 (59.8%)
205	WYSOCZAŃSKI Adrian	2099	PIETRZYKOWICE	Masters M - 40	97	01:35:34	06:27:17	09:30:49	12:21:51	15:22:44	20:54:14	25:05:03.15	+10:12:33 (40.7%)	11:34	5.2 (59.8%)
206	KOZIOŁ Ewa	2166	KB-SOBÓTKA	Masters K - 40	15	01:35:19	06:26:51	09:30:44	12:21:34	15:22:09	20:54:11	25:05:13.15	+10:12:43 (40.7%)	11:34	5.2 (59.8%)
207	BATOR Monika	2094		Masters K - 40	16	01:33:50	06:51:06	10:07:49	13:09:47	16:11:26	21:57:32	25:10:23.50	+10:17:53 (40.9%)	11:37	5.2 (59.8%)
208	SIŃCZUK Patrycja	2205	MIRAZ RACE TEAM	Masters K - 40	17	01:31:57	06:49:17	10:13:11	13:08:44	16:11:41	21:57:46	25:10:32.30	+10:18:02 (40.9%)	11:37	5.2 (59.8%)
209	ZAKROCZYMSKI Michał	1350		Weteran I M - 50	29	01:33:36	06:05:41	08:28:57	11:02:46	14:19:08	20:03:54	25:10:57.05	+10:18:27 (40.9%)	11:37	5.2 (59.8%)
210	TROCHANOWSKI Krystian	2191	RUSYN - LEM	Senior II M - 30	52	01:31:57	05:48:10	08:24:14	11:09:25	14:33:03	20:33:19	25:11:47.00	+10:19:16 (41.0%)	11:37	5.2 (59.8%)
211	BOGACZYK Krzysztof	1247		Masters M - 40	98	01:40:26	06:29:49	09:22:24	12:24:24	15:34:29	21:25:17	25:12:11.00	+10:19:40 (41.0%)	11:37	5.2 (59.8%)
212	NÓŻKA Andrzej	1351		Masters M - 40	99	01:45:27	06:58:35	10:15:25	13:31:51	16:17:24	21:44:51	25:13:57.35	+10:21:27 (41.0%)	11:38	5.2 (59.8%)
213	CZYŻ Łukasz	2010	ESTEAM	Masters M - 40	100	01:39:47	06:34:51	09:27:30	12:26:38	15:42:00	21:24:43	25:14:16.50	+10:21:46 (41.1%)	11:38	5.2 (59.8%)
214	DEKIERT Agnieszka	2144		Masters K - 40	18	01:35:40	06:35:36	09:48:35	12:45:43	15:52:45	21:21:07	25:14:28.75	+10:21:58 (41.1%)	11:38	5.2 (59.8%)
215	TOPOLSKI Piotr	1222	SZTAFETA NADZIEI	Masters M - 40	101	01:32:00	06:30:53	09:28:16	12:18:00	15:24:00	20:57:38	25:15:32.50	+10:23:02 (41.1%)	11:39	5.1 (58.6%)
216	KICH Marek	1324		Senior II M - 30	53	01:40:11	06:19:37	09:06:05	11:55:53	15:33:34	21:08:23	25:17:21.15	+10:24:51 (41.2%)	11:40	5.1 (58.6%)

Place	Participant	Number	Club	Category	MCat	A1	A2	A3	A4	A5	A7	Net time	Gap	Pace min/km	Pace km/h
						10km	32km	47km	64km	81km	112km	130km			
217	MALCZEWSKI Daniel	1280	WIECZORNE BIEGANIE W OPOLU	Senior II M - 30	54	01:35:05	05:58:29	08:38:18	12:02:50	14:25:05	20:30:18	25:19:44.90	+10:27:14 (41.3%)	11:41	5.1 (58.6%)
218	HAJDUGA Łukasz	1115	WIECZORNE BIEGANIE W OPOLU	Masters M - 40	102	01:35:06	05:58:31	08:39:05	12:02:46	14:25:08	20:21:56	25:19:46.10	+10:27:16 (41.3%)	11:41	5.1 (58.6%)
219	TOMASZEWSKI Michał	1203	BIEG OPOLSKI	Masters M - 40	103	01:35:07	05:58:31	08:39:34	12:00:06	14:28:27	20:17:01	25:19:48.55	+10:27:18 (41.3%)	11:41	5.1 (58.6%)
220	CZUBA Robert	2088	ORANGE POLSKA	Weteran I M - 50	30	01:40:35	06:58:25	10:18:10	13:14:24	16:10:50	21:44:33	25:20:47.45	+10:28:17 (41.3%)	11:41	5.1 (58.6%)
221	WALKOWIAK Joanna	2072	MUAY RUNNING TEAM	Senior II K - 30	8	01:38:22	06:52:21	09:54:35	12:34:33	15:35:53	21:31:16	25:21:18.75	+10:28:48 (41.3%)	11:42	5.1 (58.6%)
222	FUS Maciej	1153		Senior II M - 30	55	01:40:25	06:29:50	09:22:29	12:24:26	15:34:35	21:28:36	25:21:19.20	+10:28:49 (41.3%)	11:42	5.1 (58.6%)
223	BOTTCHER Andrzej	1210	SKB GRANIT	Masters M - 40	104	01:28:09	06:19:59	09:26:56	12:24:32	15:34:49	21:28:42	25:21:23.40	+10:28:53 (41.3%)	11:42	5.1 (58.6%)
224	SILSKA Sylwia	2109	ATRAKCYJNE TOWARZYSTWO	Weteran K - 50	3	01:36:41	06:50:33	09:55:26	12:42:17	15:52:44	21:38:34	25:21:39.25	+10:29:09 (41.3%)	11:42	5.1 (58.6%)
225	ZYZAŃSKI Andrzej	2110	ANATOMIA BIEGANIA	Masters M - 40	105	01:39:25	06:53:17	09:58:07	12:46:45	15:49:33	21:40:21	25:23:23.05	+10:30:53 (41.4%)	11:43	5.1 (58.6%)
226	WOJCIECHOWSKI Paweł	1031	BIEGACZE JUNIORA-RUNNERS TEAM	Masters M - 40	106	01:38:22	06:45:14	09:55:06	12:47:04	15:45:13	21:36:40	25:23:25.70	+10:30:55 (41.4%)	11:43	5.1 (58.6%)
227	BUDKOWSKI Kamil	1250		Senior II M - 30	56	01:40:56	06:37:43	09:39:23	12:25:23	15:30:43	21:26:37	25:23:58.05	+10:31:28 (41.4%)	11:43	5.1 (58.6%)
228	ŻUROWSKI Marcin	1012		Weteran I M - 50	31	01:35:21	06:20:21	09:32:03	12:32:37	15:41:19	21:51:19	25:24:58.15	+10:32:28 (41.5%)	11:43	5.1 (58.6%)
229	DEIGSLER Przemysław	1091	BIEGAJĄCE KREJZOLE	Masters M - 40	107	01:55:27	07:16:53	10:07:41	13:03:43	15:40:47	21:37:57	25:25:19.25	+10:32:49 (41.5%)	11:43	5.1 (58.6%)
230	SUDUŁ Jarosław	2116	WIERZBICKI RUNNING PROJECT	Weteran I M - 50	32	01:35:56	06:35:08	09:25:13	12:09:22	15:17:21	21:21:43	25:25:27.30	+10:32:57 (41.5%)	11:44	5.1 (58.6%)
231	CERNOCKY Jan	1245		Senior II M - 30	57	01:22:55	06:16:40	09:19:48	12:30:44	15:27:52	21:34:40	25:26:02.80	+10:33:32 (41.5%)	11:44	5.1 (58.6%)
232	SUPEŁ Jacek	1142	NIEZRZESZONY	Masters M - 40	108	01:31:24	06:32:44	09:29:45	12:36:32	15:37:18	21:39:08	25:27:03.95	+10:34:33 (41.6%)	11:44	5.1 (58.6%)
233	NOWAK Tomasz	1102	BIEGAJĄCE KREJZOLE	Masters M - 40	109	01:55:35	07:16:51	10:07:39	12:59:12	15:45:10	21:52:20	25:28:13.00	+10:35:42 (41.6%)	11:45	5.1 (58.6%)
234	LIC Janusz	2135		Weteran I M - 50	33	01:36:21	06:28:30	09:32:11	12:34:34	15:44:31	21:38:52	25:28:16.00	+10:35:45 (41.6%)	11:45	5.1 (58.6%)
235	PAZIO Jakub	2211	BIEGAM BO LUBIĘ OSTROŁĘKA	Senior I M - 20	6	01:19:36	05:33:53	08:26:38	11:22:03	14:43:29	20:57:00	25:29:26.90	+10:36:56 (41.6%)	11:45	5.1 (58.6%)
236	STRASZEWSKI Leszek	1057	KS M. E. T. A.	Masters M - 40	110	01:48:48	07:07:34	10:28:17	13:17:25	16:06:09	21:27:07	25:30:41.65	+10:38:11 (41.7%)	11:46	5.1 (58.6%)
237	SĘDECKI Piotr	1180	BIEGAM WIĘC JESTEM	Weteran II M - 60	2	01:30:12	06:28:04	09:31:30	12:30:42	15:33:54	21:50:05	25:31:23.45	+10:38:53 (41.7%)	11:46	5.1 (58.6%)
238	URBAŃSKI Dariusz	1138		Weteran I M - 50	34	01:40:47	06:46:43	09:51:06	12:47:29	15:58:37	21:48:51	25:31:30.60	+10:39:00 (41.7%)	11:46	5.1 (58.6%)
239	OSSOWSKI Arkadiusz	1217	KASZUBI LUZINO	Weteran I M - 50	35	01:41:18	06:46:45	09:51:09	12:47:38	15:59:12	21:49:27	25:31:31.65	+10:39:01 (41.7%)	11:46	5.1 (58.6%)
240	SZMYT Piotr	1015	BIEGAJĄCE KREJZOLE	Masters M - 40	111	01:39:59	06:53:13	09:58:06	12:47:48	15:49:35	21:52:20	25:31:35.40	+10:39:05 (41.7%)	11:46	5.1 (58.6%)
241	MASZEWSKA-WACH Mariola	1342		Masters K - 40	19	01:41:27	06:50:11	10:03:45	13:09:49	16:03:04	21:48:19	25:31:35.75	+10:39:05 (41.7%)	11:46	5.1 (58.6%)

Place	Participant	Number	Club	Category	MCat	A1	A2	A3	A4	A5	A7	Net time	Gap	Pace min/km	Pace km/h
						10km	32km	47km	64km	81km	112km	130km			
242	DZIADOŃ Grzegorz	1323		Masters M - 40	112	01:49:00	07:02:53	10:06:55	12:59:39	16:08:01	22:14:09	25:31:37.95	+10:39:07 (41.7%)	11:46	5.1 (58.6%)
243	COP Anna	1263	SUMT / DAV SEKCJA KATOWICKA	Masters K - 40	20	01:38:26	06:30:02	09:33:22	12:35:48	15:47:02	21:58:08	25:32:35.80	+10:40:05 (41.8%)	11:47	5.1 (58.6%)
244	KRUZEL Tomasz	1286	GRUPA JURA	Masters M - 40	113	01:32:27	06:15:29	09:21:09	12:09:33	15:17:31	21:22:15	25:32:41.55	+10:40:11 (41.8%)	11:47	5.1 (58.6%)
245	DATA Tomasz	1185	HRMAX ŻORY	Weteran I M - 50	36	01:46:38	06:50:42	09:53:23	12:42:37	15:51:24	21:43:46	25:35:35.35	+10:43:05 (41.9%)	11:48	5.1 (58.6%)
246	MACKIEWICZ Artur	1128	DŁUGOBIEGANIE	Masters M - 40	114	01:38:35	06:58:01	10:13:02	13:07:37	16:07:36	21:58:53	25:36:26.90	+10:43:56 (41.9%)	11:49	5.1 (58.6%)
247	MARCHWICKI Arkadiusz	2179	FEHLAU RUN TEAM	Masters M - 40	115	01:44:22	07:06:28	10:25:21	13:24:21	16:29:56	22:25:03	25:37:42.10	+10:45:12 (42.0%)	11:49	5.1 (58.6%)
248	KEPKE Michał	2213		Masters M - 40	116	01:42:44	07:11:22	10:25:29	13:31:21	16:26:52	22:20:53	25:41:32.50	+10:49:02 (42.1%)	11:51	5.1 (58.6%)
249	GÓRCZYŃSKI Rafał	2043		Masters M - 40	117	01:37:21	06:50:46	10:17:22	13:14:32	16:32:36	22:21:13	25:42:09.45	+10:49:39 (42.1%)	11:51	5.1 (58.6%)
250	RABSCH Patrycja	2026		Senior II K - 30	9	01:43:17	06:47:39	09:52:30	12:47:42	15:57:37	22:07:05	25:44:34.40	+10:52:04 (42.2%)	11:52	5 (57.5%)
251	BUDNY Aleksandra	2122	KRAŚNIK BIEGA / NO PAIN NO GAIN	Masters K - 40	21	01:33:54	06:35:26	09:31:07	12:37:03	15:57:44	22:07:12	25:44:41.50	+10:52:11 (42.2%)	11:52	5 (57.5%)
252	ŁUGOWSKI Marek	2193	UTM170	Masters M - 40	118	01:42:39	06:36:24	09:31:18	12:34:15	15:57:41	22:20:01	25:44:48.20	+10:52:18 (42.2%)	11:52	5 (57.5%)
253	JANUSZEWSKI Piotr	1329	MKS ROBOTY DROGOWE ŚWINOUJŚCIE	Masters M - 40	119	01:45:20	07:18:40	10:39:22	13:28:06	16:10:18	22:18:31	25:45:13.40	+10:52:43 (42.2%)	11:53	5 (57.5%)
254	OLESIŃSKI Piotr	2048	DRUŻYNA ORZECHA ŻYRARDÓW	Masters M - 40	120	01:34:20	06:50:09	10:03:08	12:52:02	16:08:19	22:17:42	25:45:24.45	+10:52:54 (42.2%)	11:53	5 (57.5%)
255	BUJLIS Eugeniusz	1140	IDENTAL CLINIQUE	Masters M - 40	121	01:42:04	06:57:54	10:22:51	13:29:52	16:17:39	22:17:43	25:45:32.25	+10:53:02 (42.3%)	11:53	5 (57.5%)
256	PLANETORZ Marek	1214		Weteran I M - 50	37	01:39:44	07:06:44	10:17:44	13:12:11	16:16:41	22:17:55	25:45:38.80	+10:53:08 (42.3%)	11:53	5 (57.5%)
257	RYBCZYŃSKI Przemek	2111		Weteran I M - 50	38	01:41:11	06:45:57	09:56:47	13:20:33	16:34:35	22:33:33	25:46:56.80	+10:54:26 (42.3%)	11:53	5 (57.5%)
258	SZYMAŁA Mateusz	1191	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	122	01:33:38	06:20:09	10:07:53	13:25:14	16:38:07	22:25:05	25:47:35.05	+10:55:05 (42.3%)	11:54	5 (57.5%)
259	BIAŁY Jakub	1346	HYCOK	Senior II M - 30	58	01:47:47	07:02:48	10:10:54	13:15:29	16:10:55	22:23:47	25:48:24.80	+10:55:54 (42.4%)	11:54	5 (57.5%)
260	DOLIŃSKI Tomasz	1097	UMAWIANIENABIEGANIE TEAM	Weteran I M - 50	39	01:37:35	06:51:12	10:14:11	13:17:54	16:17:25	22:19:54	25:49:05.90	+10:56:35 (42.4%)	11:54	5 (57.5%)
261	PÓŁGRABIA Dawid	2031	#ŻEBERKATEAM	Masters M - 40	123	01:47:57	07:04:47	10:11:35	13:02:16	16:07:42	22:09:13	25:49:14.95	+10:56:44 (42.4%)	11:55	5 (57.5%)
262	KUPIEC Maciej	2012	#ŻEBERKATEAM	Masters M - 40	124	01:47:54	07:04:47	10:11:42	13:02:19	16:07:41	22:09:17	25:49:48.80	+10:57:18 (42.4%)	11:55	5 (57.5%)
263	FERENC Adrian	1134		Senior II M - 30	59	01:26:41	06:41:30	09:47:12	12:48:32	16:01:49	22:19:07	25:50:31.45	+10:58:01 (42.4%)	11:55	5 (57.5%)
264	LOMAGISTRO Pietro	2194	A.S.D. GRUPPO PODISTICO SAN PIO X	Masters M - 40	125	01:42:40	06:36:25	09:31:26	12:34:54	16:10:08	22:22:11	25:52:00.95	+10:59:30 (42.5%)	11:56	5 (57.5%)
265	KOPACZYŃSKA Beata	2175	A.S.D. GRUPPO PODISTICO SAN PIO X	Weteran K - 50	4	01:42:37	06:36:23	09:31:18	12:34:53	16:10:20	22:22:25	25:52:01.35	+10:59:31 (42.5%)	11:56	5 (57.5%)
266	BUKOWSKI Michał	1267	DARK SIDE OSTROŁĘKA	Masters M - 40	126	01:42:05	06:47:24	10:07:28	13:12:05	16:19:37	22:11:57	25:53:41.60	+11:01:11 (42.6%)	11:57	5 (57.5%)

Place	Participant	Number	Club	Category	MCat	A1	A2	A3	A4	A5	A7	Net time	Gap	Pace min/km	Pace km/h
						10km	32km	47km	64km	81km	112km	130km			
267	LENARTOWICZ Adam	1326		Weteran I M - 50	40	01:53:07	07:15:26	10:37:48	13:15:25	16:18:42	22:11:48	25:55:21.35	+11:02:51 (42.6%)	11:57	5 (57.5%)
268	ZARODA Zbigniew	1051	ALOHA DZIKU!_WKURW TEAM	Weteran I M - 50	41	01:10:08	05:57:00	09:27:30	12:40:52	16:28:36	22:35:42	25:56:53.10	+11:04:23 (42.7%)	11:58	5 (57.5%)
269	KOWALCZYK Paweł	1357	KĘCKIE HARPAGANY	Masters M - 40	127	01:26:13	06:14:15	09:12:17	12:31:09	15:55:27	22:36:31	25:57:52.65	+11:05:22 (42.7%)	11:59	5 (57.5%)
270	FALKOWSKI Michał	1358		Senior II M - 30	60	01:43:52	07:12:05	10:28:55	13:15:38	16:24:29	22:34:28	25:57:52.75	+11:05:22 (42.7%)	11:59	5 (57.5%)
271	GŁADYSZ Robert	2140	SCE24.PL	Masters M - 40	128	01:49:15	06:53:51	10:05:00	13:28:40	16:42:39	22:42:04	25:57:55.75	+11:05:25 (42.7%)	11:59	5 (57.5%)
272	WAPA Marek	1198		Masters M - 40	129	01:56:21	07:15:59	10:10:35	13:15:50	16:34:06	22:42:27	25:58:05.30	+11:05:35 (42.7%)	11:59	5 (57.5%)
273	ROSZYK Magdalena	1101	TKKF MPK POZNAŃ/ BIEGAJĄCE KREJZOLE	Masters K - 40	22	01:58:10	07:13:48	11:14:15	14:00:34	16:52:38	22:56:40	25:58:15.00	+11:05:44 (42.7%)	11:59	5 (57.5%)
274	PAWLAK Jarosław	1056	KOŁO BIEGA	Masters M - 40	130	01:58:08	07:13:43	11:09:07	14:00:33	16:52:40	22:57:13	25:59:04.10	+11:06:34 (42.8%)	11:59	5 (57.5%)
275	MALINOWSKI Grzegorz	2005		Masters M - 40	131	01:29:40	06:22:26	09:22:59	12:21:45	15:47:21	22:10:21	26:04:02.60	+11:11:32 (42.9%)	12:01	5 (57.5%)
276	BILSKI Przemysław	1235	KS MARATON OSTRÓW WLKP.	Senior II M - 30	61	01:35:54	06:31:22	09:45:40	12:45:18	15:43:56	22:17:12	26:19:33.25	+11:27:03 (43.5%)	12:09	4.9 (56.3%)
277	JAWORSKI Bartłomiej	2136	WINS WHO DARES,	Weteran I M - 50	42	01:23:18	06:19:17	09:17:52	12:23:15	15:49:37	22:08:15	26:22:40.50	+11:30:10 (43.6%)	12:10	4.9 (56.3%)
278	ŚWITALSKI Andrzej	1095		Masters M - 40	132	01:48:54	07:19:32	10:52:02	13:58:52	16:54:14	22:49:52	26:27:45.05	+11:35:15 (43.8%)	12:12	4.9 (56.3%)
279	GUZIK Daniel	1354		Masters M - 40	133	01:44:40	07:04:47	10:28:49	13:33:11	16:41:56	22:44:48	26:27:50.50	+11:35:20 (43.8%)	12:12	4.9 (56.3%)
280	SZCZUKA Leszek	2089	CROSSELITE	Weteran I M - 50	43	01:35:29	06:18:52	09:37:50	12:55:54	16:16:12	22:40:14	26:50:45.90	+11:58:15 (44.6%)	12:23	4.8 (55.2%)
281	KOWALEWSKI Robert	1309		Weteran I M - 50	44	01:55:24	07:21:41	10:27:46	13:40:28	16:32:24	22:50:23	26:50:56.10	+11:58:26 (44.6%)	12:23	4.8 (55.2%)
	ADAMCZYK Marcin	2096		Masters M - 40		01:34:28 DNF	06:58:19 DNF	10:12:42 DNF	13:20:50 DNF	16:18:49 DNF	22:00:44 DNF	DNF	-	-	(0.0%)
	BUTKIEWICZ Łukasz	2055	IRRACJONALNIE MASZERUJĄCY	Senior II M - 30		01:35:51 DNF	06:47:42 DNF	10:00:00 DNF	12:53:33 DNF	16:00:44 DNF	22:16:50 DNF	DNF	-	-	(0.0%)
	WIERZOWIECKI Grzegorz	2069	BERFIT ZIELONA GÓRA & STACHOWSCY.EU	Senior II M - 30		01:03:07 DNF	04:04:18 DNF	06:08:34 DNF	08:21:20 DNF	10:47:20 DNF	DNF	DNF	-	-	(0.0%)
	TOKARCZYK Marcin	2003		Masters M - 40		01:21:17 DNF	05:26:52 DNF	08:20:00 DNF	10:58:58 DNF	13:37:07 DNF	DNF	DNF	-	-	(0.0%)
	PAJOR Krzysztof	2100	100PASS	Masters M - 40		01:26:11 DNF	05:40:31 DNF	08:34:26 DNF	11:22:12 DNF	14:04:27 DNF	DNF	DNF	-	-	(0.0%)
	KARBOWSKI Jarosław	2029	K.S .LENIWIEC	Masters M - 40		01:33:56 DNF	06:32:39 DNF	09:51:42 DNF	12:51:55 DNF	16:08:54 DNF	DNF	DNF	-	-	(0.0%)
	HAMPEL Hubert	2078	BIEGOSTACJAULTRATEAM	Senior I M - 20		01:37:42 DNF	06:47:18 DNF	09:51:57 DNF	12:47:45 DNF	16:01:12 DNF	DNF	DNF	-	-	(0.0%)
	BUK Sławomir	2184		Masters M - 40		01:05:40 DNF	04:31:44 DNF	06:50:32 DNF	09:06:40 DNF	11:45:21 DNF	DNF	DNF	-	-	(0.0%)
	BRODA Dominik	2014		Senior II M - 30		01:20:23 DNF	05:18:06 DNF	08:03:46 DNF	10:45:09 DNF	14:07:52 DNF	DNF	DNF	-	-	(0.0%)
	LUTOWSKI Wojciech	2102		Senior II M - 30		01:37:10 DNF	06:29:33 DNF	09:21:54 DNF	12:03:03 DNF	15:15:53 DNF	DNF	DNF	-	-	(0.0%)

Place	Participant	Number	Club	Category	MCat	A1	A2	A3	A4	A5	A7	Net time	Gap	Pace	Pace	
						10km	32km	47km	64km	81km	112km	130km		min/km	km/h	
	WAWRESZUK Wiktor	2180	BRACHTWO BIEGOWE BGK	Weteran I	M - 50	01:43:09 DNF	06:32:59 DNF	09:19:16 DNF	12:00:49 DNF	15:28:23 DNF	DNF	DNF		-	-	(0.0%)
	ZADROŻNY Piotr	2201	BIEGIEM DO 100TKI	Senior II	M - 30	01:27:04 DNF	06:12:35 DNF	09:12:40 DNF	12:10:05 DNF	15:36:36 DNF	DNF	DNF		-	-	(0.0%)
	WERNO Bartłomiej	2062		Senior II	M - 30	01:34:16 DNF	06:11:24 DNF	09:08:44 DNF	12:06:03 DNF	15:45:45 DNF	DNF	DNF		-	-	(0.0%)
	BŁASZKOWSKI Daniel	2032	MAJ.R RAWICZ	Masters M	- 40	01:32:15 DNF	06:35:28 DNF	09:45:28 DNF	12:47:04 DNF	16:28:26 DNF	DNF	DNF		-	-	(0.0%)
	RUDY Iwona	2093		Senior II K	- 30	01:33:50 DNF	06:51:06 DNF	10:07:48 DNF	13:12:38 DNF	16:29:15 DNF	DNF	DNF		-	-	(0.0%)
	ŚLEZIAK Jarosław	2186	DANIEL WOSIK TERVEL TEAM	Masters M	- 40	01:03:53 DNF	04:09:47 DNF	06:28:17 DNF	08:37:46 DNF	DNF	DNF	DNF		-	-	(0.0%)
	NIEDZIÓŁKA Wojciech	2087	CENTRUM SZKOLENIA POLICJI W LEGIONOWIE	Senior II	M - 30	01:09:11 DNF	04:48:16 DNF	07:09:02 DNF	09:49:09 DNF	DNF	DNF	DNF		-	-	(0.0%)
	MOSIEK Andrzej	2158		Senior II	M - 30	01:34:36 DNF	05:39:54 DNF	08:13:16 DNF	10:50:26 DNF	DNF	DNF	DNF		-	-	(0.0%)
	KURPIEWSKA Anna	2171	GT RAT	Masters K	- 40	01:19:18 DNF	05:25:24 DNF	08:16:08 DNF	10:52:28 DNF	DNF	DNF	DNF		-	-	(0.0%)
	SIKORSKI Marcin	2168	TT SZCZECIN	Masters M	- 40	01:19:09 DNF	05:25:24 DNF	08:16:08 DNF	10:52:47 DNF	DNF	DNF	DNF		-	-	(0.0%)
	PASTWA Marek	2224	OH!ZUZA.COM/BEAUTYSPORT	Weteran I	M - 50	01:34:09 DNF	06:09:17 DNF	08:55:33 DNF	11:46:47 DNF	DNF	DNF	DNF		-	-	(0.0%)
	CHOŁUJ Jarek	2008	FOR-REST-RUN KOSZALIN	Masters M	- 40	01:38:23 DNF	06:49:10 DNF	09:39:13 DNF	12:32:54 DNF	DNF	DNF	DNF		-	-	(0.0%)
	ZGOŁA Przemysław	2074	TARNOWO PODGÓRNE BIEGA	Weteran I	M - 50	01:33:52 DNF	06:27:53 DNF	09:29:59 DNF	12:35:56 DNF	DNF	DNF	DNF		-	-	(0.0%)
	KRYSIAK Tomasz	2076	ULTRA RUNNER SZCZECIN- THOM@S FOTO	Senior II	M - 30	01:38:34 DNF	06:58:00 DNF	10:11:38 DNF	13:07:34 DNF	DNF	DNF	DNF		-	-	(0.0%)
	KRZEMIŃSKA Aleksandra	2196	POLDEK TEAM	Masters K	- 40	01:41:43 DNF	06:49:57 DNF	10:20:33 DNF	13:23:48 DNF	DNF	DNF	DNF		-	-	(0.0%)
	KRZEMIŃSKI Jacek	2181	POLDEK TEAM	Masters M	- 40	01:41:51 DNF	06:49:56 DNF	10:20:35 DNF	13:23:48 DNF	DNF	DNF	DNF		-	-	(0.0%)
	SADOWSKI Piotr	2160	SADOSZCZAKI	Senior II	M - 30	01:34:36 DNF	07:03:22 DNF	10:11:43 DNF	13:35:00 DNF	DNF	DNF	DNF		-	-	(0.0%)
	GAWRON Bartłomiej	2058		Masters M	- 40	01:41:17 DNF	06:50:56 DNF	10:09:13 DNF	13:43:54 DNF	DNF	DNF	DNF		-	-	(0.0%)
	BABIRECKI Krzysztof	2129	FU FU FU TEAM	Masters M	- 40	01:21:53 DNF	06:42:55 DNF	09:46:21 DNF	13:54:01 DNF	DNF	DNF	DNF		-	-	(0.0%)
	MUCHA Michał	2219	NOCNY POYEB TEAM	Masters M	- 40	01:21:16 DNF	06:44:16 DNF	10:04:33 DNF	14:00:01 DNF	DNF	DNF	DNF		-	-	(0.0%)
	WITEK Eryk	2218	QC SPARTY MONIA GYM QŻNIA TALENTÓW ADAMA	Masters M	- 40	01:22:47 DNF	06:44:19 DNF	10:12:27 DNF	14:00:53 DNF	DNF	DNF	DNF		-	-	(0.0%)
	ARMATYS Grzegorz	2176	ORANGE POLSKA	Weteran I	M - 50	01:42:21 DNF	07:18:53 DNF	10:51:30 DNF	14:08:05 DNF	DNF	DNF	DNF		-	-	(0.0%)
	NORKOWSKA Aleksandra	2173	ORANGE POLSKA	Masters K	- 40	01:42:31 DNF	07:18:54 DNF	10:51:28 DNF	14:08:06 DNF	DNF	DNF	DNF		-	-	(0.0%)
	KALBARCZYK Beata	2172	ORANGE POLSKA	Weteran	K - 50	01:42:31 DNF	07:19:21 DNF	10:51:40 DNF	14:08:06 DNF	DNF	DNF	DNF		-	-	(0.0%)
	MIKOŁAJCZYK Mirosław	2216	MIRAZ RACE TEAM	Masters M	- 40	01:08:55 DNF	04:31:57 DNF	07:06:56 DNF	DNF	DNF	DNF	DNF		-	-	(0.0%)

Place	Participant	Number	Club	Category	MCat	A1	A2	A3	A4	A5	A7	Net time	Gap	Pace	Pace
						10km	32km	47km	64km	81km	112km	130km		min/km	km/h
	SIEMIĄTKOWSKI Arkadiusz	2188	#RÓBSWOJE CREW	Senior II M - 30		01:33:27 DNF	05:58:42 DNF	08:56:37 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MRUGALSKA Magdalena	2141	JW 1223	Senior II K - 30		01:31:15 DNF	06:22:59 DNF	09:50:32 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WIĘCZKOWSKI Wojciech	2027		Masters M - 40		01:36:58 DNF	07:09:03 DNF	10:46:02 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SKARŻYŃSKI Wojciech	2081		Masters M - 40		01:51:30 DNF	07:23:31 DNF	10:57:27 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	RYCHŁOWSKA Magdalena	2007		Masters K - 40		01:45:34 DNF	07:18:42 DNF	10:57:40 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZUGAJ Bartosz	2197		Senior II M - 30		01:42:32 DNF	07:20:41 DNF	11:01:34 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CYGAN Anna	2195	ANIA I BLACK HAT ULTRA	Weteran K - 50		01:42:27 DNF	07:20:42 DNF	11:09:30 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZIĘTEK Krzysztof	2139	ADIDAS RUNNERS WARSAW	Masters M - 40		01:45:57 DNF	07:41:48 DNF	11:49:46 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	TOKARZ Robert	2159		Weteran I M - 50		01:27:45 DNF	06:12:58 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PAROL Paweł	2097	SZYMANKOWSZCZYŻNA	Masters M - 40		01:26:08 DNF	06:17:43 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	STRZYŻEWSKI Paweł	2206	SZCZYT ZA SZCZYTEM	Masters M - 40		01:33:54 DNF	06:52:20 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	NOWOSŁAWSKI Krzysztof	2103	IRRACJONALNIE MASZERUJĄCY	Masters M - 40		01:32:06 DNF	06:58:13 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MIKOŁAJCZYK-SOWA Monika	2039	SZAKALE BAŁUT ŁÓDŹ	Masters K - 40		01:49:04 DNF	07:19:26 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WOJNO Małgorzata	2025	DROGA DO ULTRA	Senior II K - 30		01:50:23 DNF	07:20:54 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KORNAGA Michał	2106	GÓRY LASY	Senior I M - 20		01:51:50 DNF	07:22:42 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WOSZCZAK Zbigniew	2203	STRZELIŃSKI KLUB BIEGACZA GRANIT	Weteran I M - 50		01:39:24 DNF	07:28:14 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WOSZCZAK Jolanta	2204	STRZELIŃSKI KLUB BIEGACZA GRANIT	Weteran K - 50		01:39:27 DNF	07:28:16 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	DĘBEK Piotr	2121	ŚWIDNICKA GRUPA BIEGOWA	Masters M - 40		01:51:01 DNF	07:41:13 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KOZIEŁ Tomasz	2013	#WAWRZYNTTEAM	Masters M - 40		01:04:40 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	DWORNIK Maciek	2020	WARCZĄCE SZPRYCHY	Masters M - 40		01:07:53 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	LANGE Szymon	2217	WSK-SZYMONIX	Masters M - 40		01:21:22 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	RECLIK Piotr	2042	ULTRAWARIACI	Senior I M - 20		01:21:38 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	REKIEĆ-KROGULECKA Kaja	2033		Senior I K - 20		01:21:47 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SZARAPANOWSKI Damian	2156	ULTRA DIABŁY TEAM LUBRZA	Masters M - 40		01:22:22 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Place	Participant	Number	Club	Category	MCat	A1	A2	A3	A4	A5	A7	Net time	Gap	Pace	Pace
						10km	32km	47km	64km	81km	112km	130km		min/km	km/h
	MOŃ Sebastian	2198	CARBON SILESIA SPORT	Senior II M - 30		01:23:59 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SPECHT Mikołaj	2209		Masters M - 40		01:31:50 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	DRZASZCZ Marek	2182	CROSSELITE	Masters M - 40		01:34:04 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WOJNO Arkadiusz	2192	DROGA DO ULTRA	Senior II M - 30		01:35:47 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WRONKA Tymoteusz	2104	IRRACJONALNIE MASZERUJĄCY	Masters M - 40		01:37:07 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ŁABĘDZKI Mariusz	2023		Masters M - 40		01:39:34 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BONDARCZUK Sylwia	2063	ULTRA BESKID SPORT	Masters K - 40		01:39:56 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	STOLPE Maciej	2036	TKKF MPK POZNAŃ	Weteran I M - 50		01:40:33 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	RUTKOWSKI Kazimierz	2091	KUSY I SPÓŁKA	Weteran II M - 60		01:41:21 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WODZIŃSKA Danuta	2052	BIEG OPOLSKI TEAM	Masters K - 40		01:42:27 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SILSKI Marek	2108	ATRAKCYJNE TOWARZYSTWO	Weteran I M - 50		01:46:10 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SOKOŁOWSKI Artur	2077	TEAM ZABIEGANEDNI	Masters M - 40		01:50:13 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	NADOBNIK Beata	2034	SPORTOWY KAŻMIERZ/TARNOWO PODGÓRNE BIEGA	Weteran K - 50		01:51:30 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SZWARGOT Marta	2085	TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ	Senior II K - 30		01:51:31 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SZCZUKA Joanna	2037		Senior I K - 20		01:52:26 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	HAMOT Artur	2056	BIEGOWA KUŹNIA	Senior II M - 30		01:53:00 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Total 356 results.